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metro

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Monday, December 8, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork

An island divided. On Staten Island, white and black communities seem to be moving apart. PAGE 06

Grief and anger

A parishioner cries as Rev. Demetrius Carolina (right), pastor at Staten Island's First Central Baptist Church, raises his right hand after services Sunday. / MILES DIXON, METRO

Outrage still strong in Harlem

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Race relations worsen, nat'l poll shows

PAGE 07

Hung over? Get relief – in a needle

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Ways to cope with loud office mates

PAGE 23

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1 NEWS

Top 3

The best of Metro.us

1 'Heidi Mueller silent on Twitter after DeMarco Murray cheating rumors'

2 'Who is Robert Covington and why is he so good for the 76ers?'

3 'Could UFC be starting a WWE-like pro wrestling division with CM Punk on board?'

On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Harlem still angry over decision by Garner jury

Race. Four days after a Staten Island grand jury declined to indict in the chokehold death of Eric Garner, the anger on Harlem's streets was fresh.

New Yorkers protest police brutality over the weekend. / LENYON WHITAKER

"They've been getting away with killing young black men for too many years," said Michael Griffin, 59, a pastor's aide at the Canaan Baptist Church of Christ on West 116th Street.

Griffin says he's looking forward to the promised federal civil rights investigation into the death of Eric Garner. "They can't keep doing this. It's not right and it's not fair," he said before Sunday morning's service at the Harlem church.

"What I really want to say, you couldn't say it [in the newspaper]," said Etta Glover, arriving for a 10 a.m. service at the historic church. "It's unreal that they shoot down black men, with potential, and nobody's held accountable."

Working together, she said, New Yorkers can rebuild trust between the police and the policed. "We still have our faith. We have to come together. It's going to happen," Glover, 75, said.

At the nearby Johnson Houses, a NYCHA housing development, Tyrone McCall, 46, said he was trying to be as "unbiased as possible" when thinking about the Garner case.

Quoted.

"As a black man, or just as a man, period, I don't expect a perfect world, but when you see a problem that's reoccuring continuously, something is wrong."
McCall

"You committed a crime on a man, and you're supposed to uphold the law. … How can I look at you for protection when you're committing crimes yourself?" McCall said. "As a black man, or just as a man, period, I don't expect a perfect world, but when you see a problem that's reoccurring continuously, something is wrong."

Olga Corona, 38, said that last year she sent her 15-year-old son across the street to pick up dinner and police officers pulled him out of the restaurant and frisked him.

When she asked her family members who work for the police why her son was stopped, they told her that if she didn't want her kids to get stopped by cops, she should move out of the neighborhood.

Cops have to stop treating people in her community as "enemies," said Corona.

"They get paid because of people like us," Corona said. "I should be feeling comfortable around a cop versus feeling like they might do something to me and get away with it."

"I grew up in the hood, I know how it is, I've carried a knife to protect myself," said Sherlie Santiago, 46.

Speaking about the decision by a Staten Island grand jury not to indict Police Officer Daniel Pantaleo in Garner's death, she said, "I believe the officer shouldn't go to prison, he did his job."

Santiago says she knows her view is not popular. "It is what it is," she said. "An officer has the right to apprehend a suspect, and it happened."

Visit **Metro.us** to read more about the reactions of NYC residents.

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Protesters stage a "die-in" at Macy's Herald Square store this weekend. / LENYAN WHITAKER, METRO

Justice. Mayor, Garner's widow speak out on race and policing

Protests against police violence on minorities were scheduled to disrupt Manhattan for the fifth night in a row on Sunday, as the controversy over the death of Eric Garner refused to die down.

On Sunday morning, Mayor Bill de Blasio appeared on ABC's "This Week," saying a Staten Island grand jury's decision not to indict Police Officer Daniel Pantaleo for Garner's death shows the need to retrain police forces, and address underlying issues of race and history.

"We have to have an honest conversation about the problem that has caused parents to feel their children may be in danger in their dynamics with police when the police are there to protect them," de Blasio said.

Eric Garner's widow Esaw told NBC's "Meet the Press" that her late husband was "murdered unjustly."

"I don't even feel like it's a black-and-white thing, honestly. … They knew us by name; they harassed us," Garner said, with activist Al Sharpton at her side.

Garner said she fears the police, and has moved off of Staten Island. METRO

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Prince and Duchess in NYC

Prince William and Duchess Kate arrived in New York on Sunday evening for a three-day charm offensive of fundraisers, a visit to a Harlem craft workshop and a conservation event. Prince William will also travel to Washington, D.C., on Monday to meet with President Obama during a conference on the illegal trafficking of exotic wildlife and ivory. They're also expected at a conservation reception that Hillary and Chelsea Clinton are also scheduled to attend, CNN reported, as well as a basketball game. On Tuesday, they will visit the Sept. 11 Memorial and attend a charity dinner at the Met. METRO

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Come to ICC's Culinary Entrepreneurship Open House! The once-a-year program teaches the essentials of launching and scaling a successful food business. Ask bartender-turned-business-mogul **Michael Chernow**, founder of The Meatball Shop restaurants and a graduate of ICC's program.

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Michael Chernow ('08 grad) recently opened his 6th Meatball Shop in NYC

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Crime

Two people questioned in Brooklyn stabbing that killed man

Police questioned two people in the Saturday night stabbing death of Randall Miller, 51, of Brooklyn. the Daily News reports.

A 44-year-old man and a 27-year-old woman were being questioned, the paper said.

Miller was found facedown with a knife wound to the stomach at about 10:30 p.m. in his apartment on Hart Street in Bushwick.

Miller later died of his injuries at Wyckoff Hospital, police said. METRO

Cyber crevasse in NYC

Report shows digital divide

Nearly 30 percent of New Yorkers don't have access to high-speed Internet at home, City Comptroller Scott Stringer said Sunday.

Some 533,000 households lacked computers, 34 percent of Bronx households did not have broadband access, and higher percentages of black and Latino homes lacked high-speed access compared to white and Asian households, according to a report issued by Stringer's office.

"Just as the subway powered New York's growth in the 20th century, high-speed broadband will power our city's economic competitiveness in the 21st century," Stringer said METRO

Staten Island pastor Rev. Demetrius Carolina led members of the First Central Baptist Church in prayer to remember neighbor Eric Garner. / MILES DIXON/METRO

Staten Island split after Garner case

Race. Race and religion split a distant borough.

Sunday morning for Staten Islanders was a time for reflection on their own lives in a borough that some residents feel is ever more divided along racial lines, after a grand jury declined to indict an NYPD officer in the death of Eric Garner.

Garner's family was joined at Mount Sinai United Christian Church by Borough President Jimmy Oddo and Deputy Mayor Richard Buery, who repeated Mayor Bill de Blasio's call to improve police relations with minorities.

That same message was in the air at First Central Baptist Church, where congregants clasped hands in prayer for justice for Garner and for their borough.

"It's gotten a lot better since back in the day," Staten Island-born Adisa Mangin, 57, said of the island's ethnic divide, "but it's still a big problem."

Congregant Sherry Powell, 64, who's spent half of her life on the island, said she feels it's divided between white and black.

"I don't think white people are as friendly in Staten Island," Powell said, "It just seems there's a distance."

Three-fourths of Staten Island's 470,000 residents identified as white in the 2010 census, while about 10 percent say they're black. Hispanics, who fall into both categories, make up 17 percent with Asians making up 8 percent.

In 1980, non-Hispanic white Staten Islanders were 85 percent of the population, and blacks were 7 percent.

A few blocks away from First Central, more than 100 Catholic parishioners gathered for Mass at the Church of Our Lady of Good Counsel, whose congregation is predominately white, blue-collar workers, cops and firefighters.

No words about Eric Garner were spoken openly at the church, but the Rev. Liam O'Doherty said he'd been approached by members and neighbors for help in understanding Garner's death.

"It's very delicate," O'Doherty said. "But people are thinking about it."

One parishioner and community member of more than 40 years, who asked not be identified, said the island suffers from many of the same problems that the other boroughs suffer from. "It happened on Staten Island," she said.

"But it could have happened anywhere else," she added.

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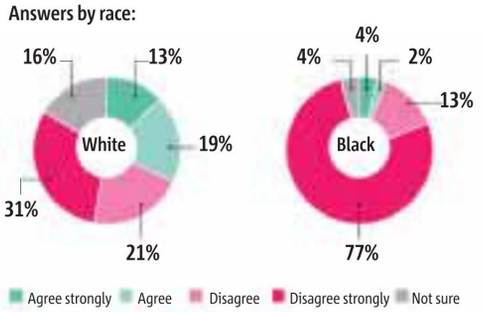
Poll shows race relations worse since Obama took office in 2009

NYC's grand jury decision

A grand jury in New York City decided not to bring criminal charges against a white police officer in the chokehold death of an unarmed black man last summer. The man was being arrested for selling cigarettes illegally and began arguing with police. Do you agree or disagree with that decision?

Answers by race:



Source: Bloomberg Politics poll

First black president. In the six years since his election, Obama has addressed race just a handful of times.

President Barack Obama had hoped his historic election would ease race relations, yet a majority of Americans — 53 percent — say the interactions between white and black communities have deteriorated since he took office, according to a new Bloomberg Politics poll.

Those divisions are laid bare in the split reactions to the decisions by two grand juries not to indict white police officers who killed unarmed black men in Ferguson, Missouri, and Staten Island.

Both times, protesters responded with outrage and politicians called for federal investigations. Yet Americans don't think of the cases as a matched set of injustices, the poll found. A majority agreed with the Ferguson decision, while most objected to the conclusion in the Staten Island death, which was captured on video.

The divergent opinions — 52 percent agreed on Ferguson compared with 25 percent who approved of the Staten Island outcome — add to an ongoing discussion that was inflamed when Officer Daniel Pantaleo was seen in the July video putting what appeared to be a chokehold on Eric Garner, a 43-year-old man suspected of selling untaxed cigarettes.

Garner could be heard saying, "I can't breathe," and died of a heart attack in what a medical examiner ruled a homicide. BLOOMBERG

Days

12

The grand jury decision not to charge Pantaleo came just 12 days after a similar panel in Ferguson declined to charge Officer Darren Wilson, who in August shot to death 18-year-old Michael Brown. That altercation was not captured on video, and the prosecutor presented evidence of a physical confrontation between the two men before the fatal shots were fired.

Patience

Obama says racism won't be solved overnight

Two words sum up President Obama's advice about mending the distrust between black communities and law enforcement: patience and persistence.

In a television interview with BET News, his first one-on-one interview since nationwide protests followed a grand jury decision not to indict the New York police officer who killed Eric Garner, Obama said the racial tension will not be "solved overnight," and he urged Americans to remember the some progress that has been made.

"This is something that is deeply rooted in our society, it's deeply rooted in our history," he said in a preview of the interview with BET's Jeff Johnson. The full interview will be broadcast on the network Monday evening.

"Typically, when you're dealing with something as deeply rooted as racism or bias in any society, you have to have vigilance," Obama added, "but you have to recognize that it's going to take some time and you just have to be steady so that you don't give up when we don't get all the way there."

The remarks come amid some criticism that Obama could do more to address the outrage and unrest sparked by recent grand jury decisions not to indict white police officers who killed unarmed black men. BLOOMBERG

At least 13 killed in failed bid to rescue US hostage

Rescue efforts failed

Early on Friday, President Obama authorized the mission to rescue Luke Somers based on information from the military, law enforcement and the intelligence community.

2 Two Osprey aircraft landed in southern Yemen about 6 miles from the captives' location in the Shabwa Province.

40 About 40 Navy SEAL Team 6 commandos headed toward the location but were discovered about 100 yards from where the hostages were being held by al Qaeda.

11 A firefight erupted and U.S. forces shot and killed about 11 people, including al Qaeda guards and some civilians.

As they fought, an al Qaeda guard ran inside the building and then exited through the back. Gunfire was heard. That's when American officials believe the hostages were killed.

More held. At least two more hostages are being held by the group.

A woman, a 10-year-old boy and a local al Qaeda leader were among at least 11 people killed alongside two Western hostages when U.S.-led forces fought Islamist militants in a failed rescue mission in Yemen, residents said on Sunday.

U.S. special forces raided the village of Dafaar in Shabwa province, a militant stronghold in southern Yemen, shortly after midnight on Saturday, killing several members of al Qaeda in the Arabian Peninsula (AQAP).

American journalist Luke Somers and South African teacher Pierre Korkie were shot and killed by their captors during the raid intended to free them.

AQAP, formed in 2006 by the merger of the Yemeni and Saudi branches of the network, has for years been seen by Washington as one of the movement's most dangerous branches.

Western governments fear advances by Shi'ite Muslim Houthi fighters with links to Iran have bolstered support among Yemeni Sunnis for AQAP, which has established itself in parts of south and east Yemen. BLOOMBERG

Quoted

"AQAP and Daesh [Islamic State] are essentially the same organization but have different methods of execution and tactics."

A senior Yemeni intelligence official

Terror groups

AQAP and ISIS may have operational connections

Since Islamic State (ISIS) in Syria and Iraq began distributing films of its militants beheading Western hostages, the focus on Al Qaeda in the Arabian Peninsula (AQAP), which has traditionally used hostage taking as a way to raise funds, had diminished until now.

The Yemen-based group, loyal to the wider al Qaeda organization founded by the late Osama bin Laden, has denounced ISIS, but Western and Gulf sources say there may be operational connections between both. BLOOMBERG

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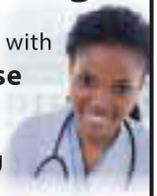

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'Tis the season: Tony's Metro Magic gifts distributed to local children

Metro New York, together with Partnership for the Homeless distributed donated Christmas presents to low-income parents in Brooklyn on Saturday. The parents chose presents from donations collected with the aid of Metro, while this little girl colored in a teddy bear.

HANNA MATTIX/METRO

STRAIGHT Talk

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3 Ways college applicants can use social media to stand out

Personal branding. Here's how to make the best impression possible online.

Some strategic tweeting can create a favorable impression with colleges. / FUSE

In the age of Internet, quick responses and instant gratification, social media platforms (that includes LinkedIn, not just Twitter and Instagram) are daily stops for all you high school students out there. So since you are already a frequent visitor to these communication hubs, why not use them to your benefit?

We talked to Alan Katzman, the founder of Social Assurity, a social media advisory service for schools, students and parents, to get some tips on how to perfect your personal brand:

1 Be easy to locate. Don't waste your time with aliases (you'll look back and think they were dumb anyway). "Colleges use social media to proactively identify and recruit students," Katzman says. "Students need to make their online profiles public and include enough personal data (school name, middle initial, etc.) to authenticate themselves beyond their given name."

2 Interact to impress. "Actively engage and interact with college and university communities; almost all colleges now have a prominent social media presence and encourage applicants to interact with them on sites such as Facebook, Twitter, Instagram, LinkedIn and YouTube," Katzman says. "This is opening up ways to impress college officials and demonstrate interest in ways never before possible." By ensuring your social media accounts are putting your best foot forward before you start applying, you're one step ahead of the game.

Be strategic

Show your personality

3 Steer clear of posting a status just because you know you're going to get a lot of "likes." Instead, play it smart. "Start posting content that supports the same activities, achievements and interests they plan on highlighting on [your] college applications."

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- ☐ Non-healing wounds in ankle areas
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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

by OsteoRelief Center

OsteoRelief Center is a medical clinic with locations in Mid-town NYC, Financial District NYC And north Jersey that has treated thousands of knee arthritis patients since 2009.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee arthritis pain, you have probably already tried many treatments ... especially countless pain medications.

Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

OsteoRelief Center is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the country to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: <u>There is no cure for arthritis.</u> But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Center use advanced digital imaging so they can see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Center takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Center use several and great effort is taken to figure out what the best one for YOU is.

One last thing: The experts at OsteoRelief Center have found that the earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why OsteoRelief is now seeing so many patients as young as 45.

Summary: If you have knee arthritis pain and have not tried Viscosupplementation, you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including visco supplementation fail... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true... and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2 Radiofrequency Neurotomy

This treatment is called, "RadiofrequncyNeurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequncy waves are delivered to the genicular nerves under advanced imaging to "block" the nerves

ADVERTISEMENT

Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (G - RF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a postprocedure adverse event during the follow-up period. RF neurotomy of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all research, more studies should be done to get even more answers.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

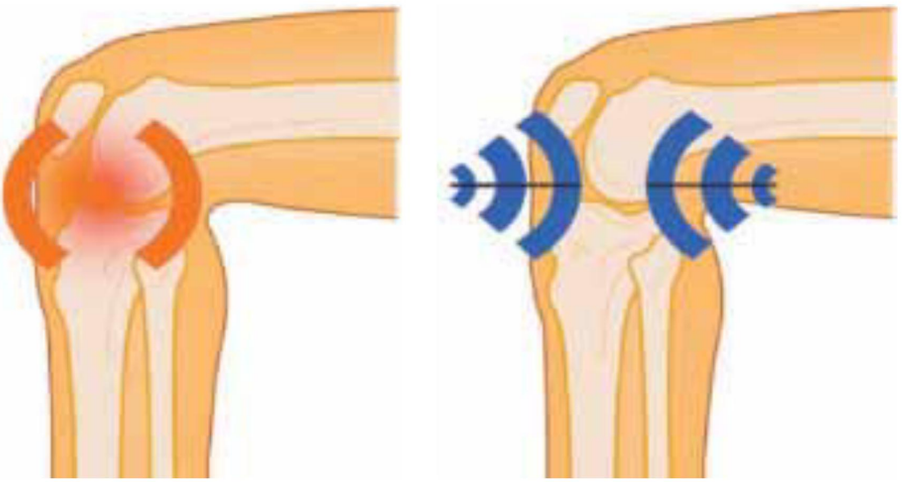
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and and even more expensive.

OsteoRelief Center believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over the country to be treated at one of their advanced medical clinics.

Advanced Treatment Uses Radio Frequencies To Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

Your Invitation

OsteoRelief Center offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center.

If you would like a complimentary screening, just call 800-227-KNEE(5633) and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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Study. Students explain what they want out of a law school

The fictional Middleton University of "How to Get Away with Murder" is too intense for most real-life students. / ABC

Viewers of shows like "How to Get Away with Murder" would be forgiven if they walked away from an episode thinking that all law schools were extremely cut-throat and ambitious to a fault.

But a new survey by Kaplan Test Prep reveals that the next generation of lawyers are looking for a more thoughtful and nurturing experience — which could lead to a culture clash between students and schools in the future.

The survey found that more than three out of four future applicants say that they want law school to have a collaborative culture where students are working with each other, not against each other. Pre-law majors are also rejecting the formal, buttoned-up culture of many schools, saying they prefer to attend classes in a more casual environment.

So will law schools start paying attention to these new trends? Experts say it's in their interest to do so. "While entry into law school remains competitive, it's also clear that law schools are sometimes fighting over the best students because there are far fewer applicants now than there were a decade ago," notes Jeff Thomas, Kaplan's director of pre-law programs, in a statement.

LAKSHMI GANDHI

Classes

Have lots of interests

Millennial would-be lawyers also want their classes to be interdisciplinary, and hesitate to narrow their focus too much. Luckily for them, more than 80 percent of schools say that won't be a problem.

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1 Kirk Cameron needs a Christmas miracle

GETTY IMAGES

Former "Growing Pains" star and outspoken evangelical Christian Kirk Cameron learned the hard way that the Internet is basically like quicksand: the more you struggle, the worse it gets. Last month Cameron balked at the abysmal score for his new film, "Saving Christmas," on review aggregator Rotten Tomatoes, so he called his fans to action to improve the score by flooding the site with good reviews.

What happened instead? Cameron instead encouraged online pranksters to go to town, pushing the film to the No. 1 stop on IMDb's 100 Worst Movies list, determined by user ratings. Unless he can encourage his fans to start voting down "Birdemic" so its ranking dips below the 1.5 stars "Saving Christmas" currently has, it's an honor he'll hold on to.

2 Mark Wahlberg tries to erase his criminal past

When Mark Wahlberg was 16 years old — before he became Marky Mark and, I'm assuming, hooked up with the Funky Bunch — he was a bit of a bad seed. So bad, in fact, that he was convicted of assault and tried as an adult, serving 45 days in prison. Well, now he'd like all that wiped off his record, according to a petition he's submitted.

Those actions, by the way, involve assaulting a man while attempting to steal beer outside a store and then punching another man in the face. My question is: Where was Donnie Wahlberg?

GETTY IMAGES

3 Network tries to put '7th Heaven' reruns back onto the schedule

In October, following revelations that "7th Heaven" star Stephen Collins had allegedly confessed to molesting young girls, the family drama was understandably pulled from cable network UP TV's schedule. Well, last month they tried to quietly slip them back in. That didn't go well with viewers, and now they're removing it again. That was fast.

4 Jessica Simpson loves herself some carpeting

INSTAGRAM, JESSICA SIMPSON

Instagram is a great venue for making personal confessions or proclamations of love, or just releasing news. And it looks like Jessica Simpson decided to do all three in one very simple photo of her sprawled on the floor, stating quite bravely, "I love carpet." No links, no hashtags, nothing to muddy the message. So, there you have it.

Daily video

YOUTUBE, THE GRAHAM NORTON SHOW

Watch Harry Styles and Sir Ian McKellen cuddle

One Direction and "The Hobbit" star Sir Ian McKellen both stopped by "The Graham Norton Show" to basically start a mutual appreciation society. After McKellen recounts the time the boys failed to turn up for a visit to the film series' location of New Zealand, he and Harry Styles get down to expressing their true feelings for one another. "You're amazing," Styles says, to which McKellen coyly replies, "So are you." And then there's some cuddling and it's adorable.

2 CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.

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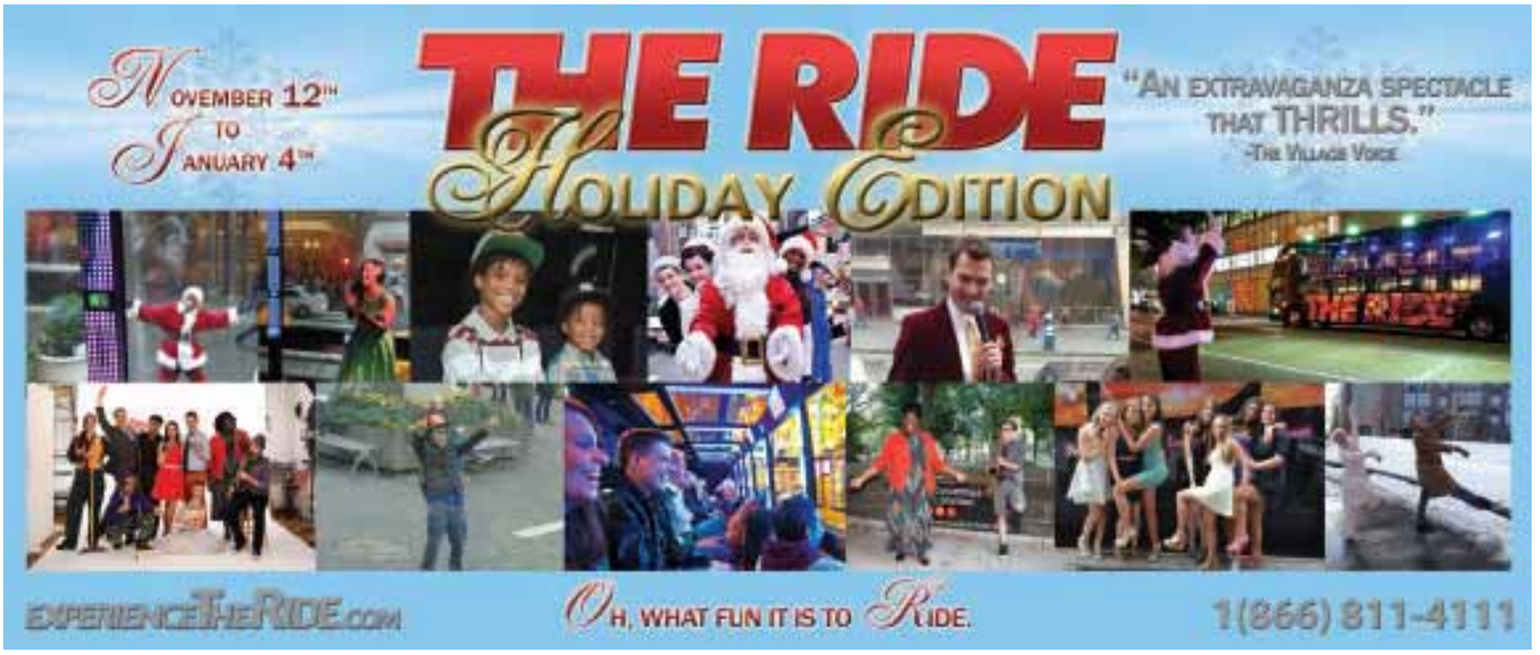

Besties with Gillian Jacobs

Interview. The actress talks about her new film "Life Partners" and about being a young Shakespeare nerd.

Gillian Jacobs is happy "Life Partners" exists, as it's a rare breed: a comedy about women, written by women, directed by a woman and produced by women. "I guess that doesn't happen as often as I would like," Jacobs tells us. The film stars her and Leighton Meester as friends so close they're borderline codependent. When Jacobs' character happens into a serious relationship, it threatens to capsize their friendship.

This is a comedy but one that takes its characters' issues seriously.

There are a lot of aspects of this script that reminded me of myself and my own life and my own friendships. Sometimes the not-so-awesome parts of my personality were reflected in my character. [Laughs] I was like, "Yep, recognize that!" When I read the fight with Adam [Brody's character, who plays her boyfriend], where I show this need to win arguments — no one needed to explain that scene to me. I think the part is the one that's the closest to me that I've ever done.

You do a lot of comedy these days, but you didn't start out in it. You did a lot of dramas.

That was my background. Up until "Community," it was all very serious things. I never did comedy. I'd love to do something like that again. I did a one-day Shakespeare benefit in L.A. It really brought out the Shakespeare nerd in me from childhood.

What was it?

We did an abridged version of "As You Like It." I did Rosalind. I think it's the largest female role in Shakespeare, but you might want to Google that. [Ed. Cleopatra, from "Antony and Cleopatra," has the most lines, with 686, to Rosalind's 677. But Rosalind has the highest percentage in a play, with 25 percent of the lines in "As You Like It."] I was in it as a kid, so I had it all memorized, from back when I was 12. I could do the whole play myself. I would sit backstage and mouth along to the dialogue. When you're 12 your brain is like a sponge;

GILLIAN JACOBS
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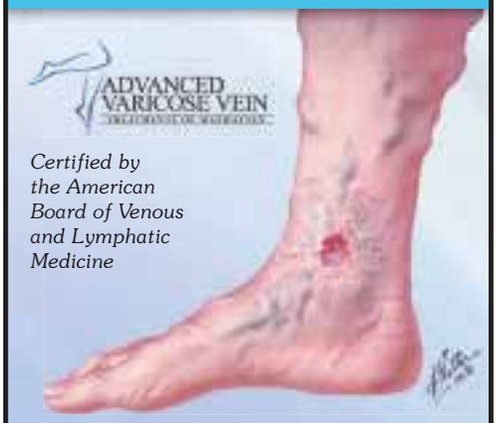

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Leighton Meester and Gillian Jacobs play best friends who may be drifting apart due to romantic relationships in "Life Partners," now in theaters and on VOD. / MAGNOLIA PICTURES

you can retain so much. I just learned the whole play.

You need to start putting it out there in interviews that you're dying to do more Shakespeare. Maybe Kenneth Branagh will notice.
Is that how it works? If that's how Hollywood works, that would be awesome. I would just write blog posts all day about the parts I want to play.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Being Britta

Do you have any sense yet how the next season will be different, not only being on Yahoo but without Yvette Nicole Brown?
They don't tell us anything, so I have no clue. I haven't seen a single script or heard anything. The nature of the show is very fluid, so even though we'll miss Yvette dearly, I think the steady group will continue.

Box office

Third 'Hunger Games' wins again

ALAS, WOODY HARRELSON IS BARELY IN THE THIRD "HUNGER GAMES" MOVIE.
MURRAY CLOSE

There are a ton of major films coming out in December, but not one of them was queued for the month's first weekend. That's not true: There was "The Pyramid," a horror thing released in only 589 theaters. It was rewarded with a bounty of $1.3 million and the ninth spot on the charts.

The lack of newbies would seem to work in favor of other recent releases, but no one was that interested in them either. The top spot went, again, inevitably, to the third "Hunger Games" romp, "Mockingjay — Part 1." But it only netted $21.6 million in its third weekend.

Even the big Thanksgiving releases are only turning modest profits. Second place went to "Penguins of Madagascar," which wrangled $11.1 million to add to its $49.5 million total. That's far behind the previous "Madagascar," while "Horrible Bosses 2" has made only $36 million in two weeks. This weekend's bloodbath has been a reminder that maybe Hollywood should make some movies sometime. **MATT PRIGGE**

Review

'Zero Motivation'

DANA IVGY STARTS HER STAPLER ASSAULT IN THE ISRAELI ARMY OFFICE DRONE COMEDY "ZERO MOTIVATION."
ZEITGEIST FILMS

Divided into three parts, this comedy takes a look at young women doing their mandatory stint in the Israeli army. But instead of fighting, they spend all of their time doing boring office work and getting involved in drama and stapler wars.

The lowdown: Despite being set amongst the Israeli Defense Forces, there's zero politics in "Zero Motivation." As in "MASH," the characters watch as war barely penetrates their bubble of unceasing boredom. Instead, they play Minesweeper, create childlike games and deal with their flustered, power-mad superiors, who invent mundane tasks to just barely instill order.

First-time feature director Talya Lavie likes to jam-pack her stories with nutty, left field twists, and she isn't afraid to mess with tone. Every now and then, though, a deeper melancholy peeks through the simple tedium of dumb chores and coffee fetches. The characters are mere cogs caught up in a tedious circle. **MATT PRIGGE**

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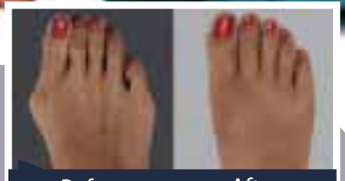

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TV watch list

"Mike and Molly" makes a slightly belated return to your TVs. That's probably why Melissa McCarthy looks so concerned in this picture. / WARNER BROS.

COMEDY

'Mike and Molly'

Molly returns from her writers' workshop with big news. Maybe this news is that she's secretly a movie star and everyone wants her to be in the new "Ghostbusters" movie?

SEASON PREMIERE, 8:30 P.M., CBS

REALITY

'The Great Christmas Light Fight'

Families compete to see who can produce the best light show. One family designed a nativity with live animals! **SEASON PREMIERE, 8 P.M., ABC**

DRAMA

'Jane the Virgin'

Jane's mom Xo gets contacted about a recording contract, but doesn't realize that Rogelio is behind the whole thing. Meanwhile, Michael gets new clues that might help him solve his big case.

9 P.M., CW

DRAMA

'Castle'

The case of the week is an ER doctor who gets shot in the street, and after some investigation, Castle and Beckett learn he had mob ties. Don't work for the mob, guys. Not a lot of career longevity. **10 P.M., ABC**

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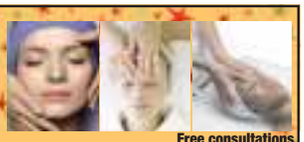

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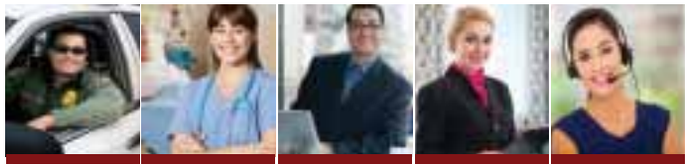

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Extreme hangover: IV edition

Alternative therapy. A hard night of partying can be erased — if you've got the stomach for it.

The IV vitamins are administered by a registered nurse at Delete. / PROVIDED

It's the time of year for drinking, but all that holiday cheer can leave you less than happy the next day. If you've got a vicious hangover, there is a cure — if you're willing to brave a needle.

Whether dehydrated from drinking too much or just recovering from the flu, the IV therapy trend is spreading throughout the Northeast, with salons providing injectable vitamin concoctions to the Sunday night party crowd.

The practice is much more common on the West Coast, says Ronen Morris, owner of Delete Tattoo Removal and Laser Salon in Boston. Delete provides nutrient infusions that are meant to last between three and six weeks for about $125 a piece.

"It's definitely a West Coast trend," says Morris. "The West Coast tends to favor some of these different types of medical practices, but it's certainly growing exponentially in popularity."

Delete initially started offering the infusions as part of its tattoo removal service, but clients kept coming back because they enjoyed the burst of energy. The salon offers a range of nutrient infusions, which are administered by a registered nurse and can be tailored. For instance, marathon runners may choose the Elite Athlete, a combination of B vitamins for a post-workout boost.

For those hoping to lose weight there is the Skinny, a cocktail of B vitamins that rev your metabolism and burn fat. But the most popular of all infusions is the Hangover Helper: magnesium, selenium, zinc, calcium and saline.

"I've taken B12 pills, but you just feel it right away," Bella Carneiro, 38, says of the nutrient infusions. As a bartender at The Brahmin and the Bell in Hand in Boston, Carneiro frequently gets B12 injections. "I always do a B complex shot because it gives me so much energy, and the infusions for hangovers."

But experts caution that if you're relying on such an extreme solution, it might be time to reconsider your lifestyle.

"If you are so debilitated after a night of partying that you actually need intravenous hydration and vitamins, you need to go to the emergency room and get proper treatment for dehydration and vitamin deficiencies that are commonly seen in alcoholism or acute alcohol toxicity," says Dr. Caroline Apovian, director of Boston Medical Center's Nutrition & Weight Management Center.

MEGAN JOHNSON
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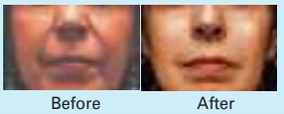
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Study. The Mediterranean diet is proven to help you live longer

The Mediterranean diet is now scientifically proven to help you live longer by protecting your DNA.

Telomeres are the protective cap (like the plastic at the ends of shoelaces) on chromosomes keeping them from fraying, which can cause the genetic code they contain to become corrupted. Those with longer telomeres can expect to live a longer life.

After a food survey of more than 4,600 women, a blood test showed that those who ate what most closely resembled the Mediterranean diet showed significantly longer telomeres — 1.5 years for each notch closer on a 9-point scale.

Ready to tack a few years onto your lifespan? We asked Aglaia Kremezi, the author of the new cookbook "Mediterranean Vegetarian Feasts," to share a recipe with Metro readers.

EVA KIS

The basics

How to eat Mediterranean

- Eat lots of vegetables, fruits, nuts, legumes (peas, beans, lentils), unrefined grains, monounsaturated fats (like olive oil) and fish.
- Drink regular but moderate amounts of alcohol, like a glass of wine with dinner.
- Avoid dairy products, meat and poultry.

Ingredients

- 2/3 cup olive oil
- 4 to 6 cloves minced garlic (to taste)
- 2 tbsp Dijon mustard
- 1 1/2 tbsp dried oregano or thyme, crumbled
- 1 1/2 tsp salt (or more to taste)
- 2 tsp Maras pepper or a good pinch of crushed red pepper flakes
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 2 tbsp lemon juice
- 1/2 to 1 cup orange juice, as needed
- 3 lb fingerling potatoes, halved, or any baking potatoes, peeled and cut into 1 1/2-inch cubes
- 2 orange slices
- 3 tsp fresh oregano and/or 5 sprigs of thyme

Recipe. Roasted potatoes with garlic

ABRAMS BOOKS

1 Preheat the oven to 400° F.

2 In a food processor or blender, combine the olive oil, garlic, mustard, dried oregano, salt, Maraş pepper, cumin, turmeric, lemon juice and ½ cup orange juice. Pulse to get a thick sauce.

3 Place potatoes and orange slices in a single layer in a 13-by-9 baking dish and pour the sauce over them. Toss well.

4 Cover loosely with parchment paper and bake in the lower part of the oven for 40 minutes. Take out, uncover and toss. Potatoes should be bubbly and easily pierced with a fork. Taste and adjust the seasoning. If the pan is dry, add more orange juice.

5 Bake, uncovered, for 20 minutes more or until the potatoes are cooked through, with nicely browned edges. If the potatoes are fully cooked but lack color, place the pan under the broiler for 2 to 3 minutes, until they turn golden brown. Sprinkle with fresh oregano and/or thyme. Serve with a green salad, feta, any aged cheese or grilled halloumi.

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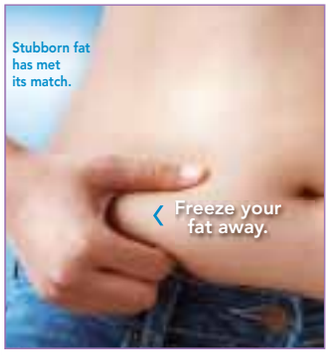

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Loud co-workers don't have to ruin your day

Work. Don't let the Chatty Cathys bring you down.

There are ways to block out the noise. / DIGITAL VISION

The average work day is filled with distractions — whether it is because of last-minute email requests, meetings that run over-long or having to deal with inexplicable computer problems.

But perhaps there is nothing more distracting than talkative co-workers — people who either constantly try to engage you in conversation or whose voices you can't help hearing from the next cubicle over. Instead of spending your days being frustrated, author Jeff Michaels offers an alternative.

"I've been stuck in offices where the environment can suck your soul, but it doesn't have to if you don't want it to," Michaels explains. We asked him for his suggestions on how to make working in loud, crowded offices more pleasant.

Have a friendly conversation. "The first thing I would do is literally ask them if they know they are annoying people," says Michaels, the author of the new book "Please Hug Me — I'm an Office Monkey." Michaels says it's always best to have a direct conversation before going higher up the ladder to your manager or Human Resources. "Realistically, they might not even be aware that there is a problem."

Set some boundaries. And we mean that literally. Do you work by the office water cooler or conference room? It can be annoying to have to stop and chit-chat with everyone who comes by. "You can get a couple of plants and literally build your own barrier," Michaels suggests. "Or maybe get a little tiny sign that says 'Silence is Golden' or something more comical."

Utilize the conference room. Do you have to be at your desk all of the time or are there breakout areas or small conference rooms that you can temporarily take over? "Now with laptops and Wi-Fi, it's more possible to literally move around," says Michaels. It's OK to disappear for a bit.

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Jeff Michaels / PROVIDED

Block it out

Invest in headphones

"I'm a big proponent of noise cancelling headphones," says Michaels. "Splurge a bit for that pair of $100 Bose headphones." There are also apps and CDs that solely consist of white noise and stress-reducing music that you can play throughout the day.

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Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. Slow down and make critical decisions based on facts. Think matters through and ferret out information.

♑ Capricorn | Dec. 22-Jan. 20. Don't jeopardize your reputation. Stay away from anyone whose ethics or morals are in question. Others will judge you by the company you keep.

♒ Aquarius | Jan. 21-Feb. 18. Look for a challenge that stimulates your senses and motivates you to do your best. Patience and hard work will be required.

♓ Pisces | Feb. 19-March 20. Ask pertinent questions, or someone will offer you a false impression. Choose a friend or relative to give you an honest assessment.

♈ Aries | March 21-April 20. Don't be a pushover. Stick to your plan and don't let anyone talk you out of doing something you have your heart set on.

♉ Taurus | April 21-May 21. An increase in professional commitments will keep you busier than usual. Undue stress will cause minor health problems. It's OK to ask for help.

♊ Gemini | May 22-June 20. Pick your battles. If you turn a minor disagreement into a major confrontation, everyone will be upset.

♋ Cancer | June 21-July 22. Try not to get too frazzled about the changes going on around you. Jumping to conclusions before all the facts are in will add to your distress.

♌ Leo | July 23-Aug. 22. If you are feeling pressured by someone, cozy up to fun, optimistic friends. Avoid sharing your disappointments with others, and keep your focus positive.

♍ Virgo | Aug. 23-Sept. 22. Your patience will be tested. Your peers may feel that they have all the answers. Get your point across without alienating the people you deal with daily.

♎ Libra | Sept. 23-Oct. 22. You'll receive mixed signals from a colleague today. If you are not sure what is expected of you, ask.

♏ Scorpio | Oct. 23-Nov. 21. Today is about making money and getting ahead. Take control of your situation. Attend business courses and go for interviews. EUGENIA LAST

Sudoku: Easy and hard

6		1	9					
4			3					
		2	5		6			1
				2		8	6	
8	4	6		3		7	2	9
	2	9		4				
9			2		3	1		
					1			8
					7	4		5

			3	1	5			
		6		9		8	1	
			6				3	9
	7	8			3		6	
	1						9	
	4		5			7	2	
8	6				9			
	9	2		3		4		
			2	7	4			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Bad cop hurts good cop

I have two relatives who are cops, and over Thanksgiving both were telling us that the district attorneys are all scum — political hacks who don't care at all about law and order, and only care about political maneuvering. I believe them, after seeing the dirty tricks in Ferguson and Staten Island. What's scarier, is both said bad cops are making their jobs more threatening and dangerous, as more people in society turn against cops. But good cops can't speak out because of the thug, frat-boy mentality of police forces. Will no one in government do anything about this? What about media?
REMY SHAPIRO, VIA EMAIL

A good deed done

The other day I left my wallet on the commuter rail with my credit cards, license and $200 in cash, along with everything else of importance. Just when I was losing hope it would be returned, my doorbell rings while eating dinner. There stood a man holding my wallet fully intact, not a penny missing! I was shocked, to say the least. So here's to you, Matt! Thank you for reminding us all that there are still good people out there — may good karma come your way!
MICHAEL A., VIA EMAIL

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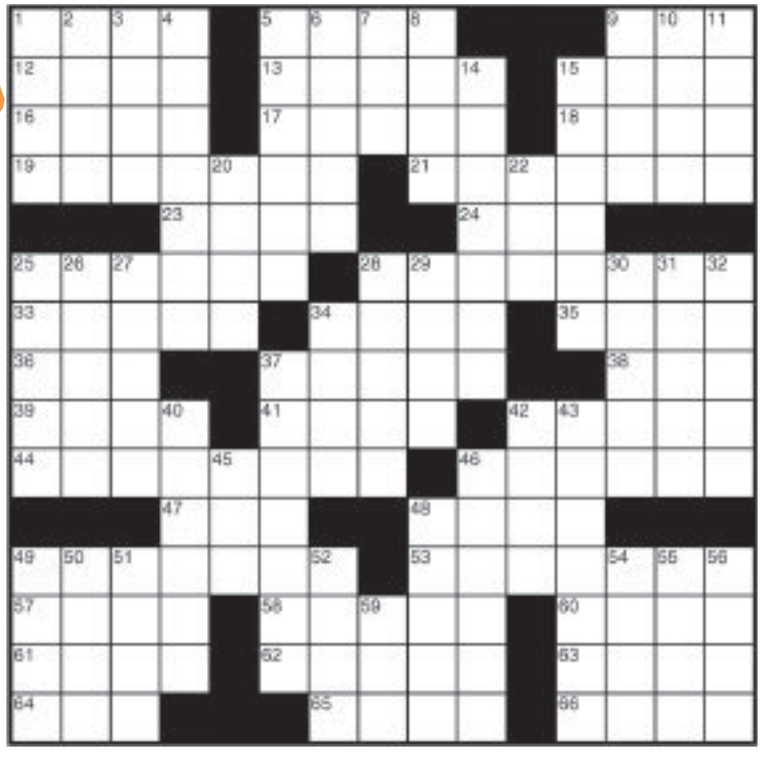
Crossword

Across
1 Alban Berg opera
5 Cameron -- of films
9 252 calories
12 Slippery — — eel
13 Improvise (2 wds.)
15 Motor sound
16 Egg-grading org.
17 Game of chance
18 Nutmeg seed cover
19 Sheetrock
21 Spectrum colors
23 Turkish leaders
24 Leaf out
25 Sky-blue shades
28 Gave celebrity status
33 Gift recipient
34 Like lumber
35 Within reach
36 Dada founder Jean —
37 Sweater letters
38 Good buddy
39 Before (abbr.)
41 Son of Hera
42 Classifies
44 Reunited
46 Caged talkers
47 Estuary
48 Albacore
49 Fragrant firs
53 Run
57 Toward shelter
58 Famed fabulist
60 Mozart work
61 Predicament
62 Brown in butter
63 Memory jogger
64 Fan noise
65 Perchance
66 Mirage image

Down
1 Commend
2 Ex-superpower
3 Godiva's title
4 Ignorant of
5 Cowboys' city
6 Artifacts
7 Mi. above sea level
8 Tubular pasta
9 Town
10 Larry, Moe and Curly
11 WWW addresses
14 Candy
15 Contributed (2 wds.)
20 "A Death in the Family" author
22 Drab color
25 Conform
26 Don Diego de la Vega
27 Remove price controls
28 Down the road
29 "-- -- just kidding!"
30 Veld grazer
31 Dirt
32 Smelting waste
34 Wizened
37 Nassau's islands
40 Skilled
42 New Year's Eve word
43 Hot, as a bettor (3 wds.)
45 Pablo's aunt
46 Kermit, for one
48 Whistles
49 "Who loves ya, --" (Kojak)
50 "That's -- --!"
51 Horne of jazz
52 Official imprint
54 Samoan port
55 Fleetwood Mac album
56 This, to Juan
59 Seek damages

Yesterday's answer



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Giants finally break through, beat Titans

NFL. The Giants won their first game since October on Sunday, beating the Titans, 36-7.

The Giants entered halftime with a lead of at least three touchdowns for the second consecutive week, but this time they made sure to finish what they started with a convincing 36-7 win over the hapless Tennessee Titans (2-11).

The Giants (4-9) snapped their seven-game losing streak by jumping out to a 23-0 lead by halftime. The Giants relied on the strength of Eli Manning's masterful first half as well as an opportunistic defense which registered three sacks and forced two fumbles — including defensive tackle Markus Kuhn's 26-yard rumble into the end zone to give the Giants a 17-0 lead.

Kuhn was the beneficiary of rookie linebacker Devon Kennard's strip-sack of rookie quarterback Zach Mettenberger, who was battered and bruised all afternoon. Mettenberger showed his mettle by playing with a sprained AC joint in his right (throwing) shoulder, but he wasn't very effective playing behind backup bookend tackles and was eventually knocked out of the game for good late in the fourth quarter.

Kennard led the way for the Giants as he registered six tackles, two sacks and the forced fumble. He also spearheaded a wounded Giants' run defense that ranked 31st in the league going into the game, yet limited the Titans to a pedestrian 61 rushing yards — including just 18 in the first half.

Giants rookie running back Andre Williams, meanwhile, rushed for a game-high 131 yards and a score. Williams' 24 carries were more than the entire Titans backfield (14), as the early deficit forced Tennessee into pass mode all game.

TONY WILLIAMS
@TBone8
sports@metro.us

What we learned

Three things we learned in the Giants win over the Titans on Sunday:

- **Efficient Eli:** Eli Manning played every bit the way Ben McAdoo had envisioned his West Coast pupil to play as the veteran quarterback went 26 of 42 for 260 yards with one touchdown and one pick. He ended the first quarter having gone 10 of 13 for 137 yards and a touchdown.
- **Bend it like Beckham:** Wide receiver Odell Beckham Jr. continued his torrid pace as he scorched the Titans for a game-high 131 yards. Beckham registered 98 yards receiving in the first quarter alone, which pushed him to six straight games of 90 yards or more — a rookie NFL record.
- **That's more like it:** Big Blue's "D" ran roughshod over the young and injury-riddled Titans offense that was without starting tackles Michael Oher and Taylor Lewan. Zach Mettenberger tweaked his throwing shoulder when Jason Pierre-Paul caused a strip-sack.

Odell Beckham Jr. and the Giants snapped their seven-game losing streak Sunday in Tennessee. / GETTY IMAGES

NFL

Jets fall to Vikings in OT

The Jets dropped to 2-11 Sunday, losing a close game for the second consecutive week.

This time Gang Green fought back in the second half but nonetheless fell 30-24 to the Vikings, a team that still has playoff ambitions.

Despite their struggles this season, the Jets have played a number of close games. A field goal was the difference in both losses last week and Sunday.

A 44-yard field goal from Nick Folk late in the fourth quarter tied the game at 24, sending the game into overtime.

After the Jets were forced into a punt on their first possession of overtime, Vikings quarterback Teddy Bridgewater connected with Jarius Wright for an 87-yard catch-and-run to win the game.

The Jets did fight back after a tough start as three touchdown passes put the Vikings up 21-12 with 13:30 left in the second quarter, a lead they would take into halftime.

1 Turnovers, turnovers
A first-quarter interception by Vikings linebacker Gerald Hodges, where the Penn State grad sat underneath in coverage and read quarterback Geno Smith's eyes perfectly, was the pick-6 that gave the Vikings an early 7-0 lead. Then with the Jets down 21-12 in the second quarter, the offense had pieced together a nice 75-yard drive, but running back Chris Ivory fumbled on the goal line.

Jarius Wright had the winning touchdown. / GETTY IMAGES

2 Harvin homecoming
Against the team that drafted him, wide receiver Percy Harvin had an outstanding game. His touchdown grab with 7:35 left in the first quarter saw him make a nice adjustment on an underthrown ball in the end zone. He also had a 55-yard catch earlier in the game as well.

3 Folk is back
One week after he missed two field goals in a 16-13 loss to the Dolphins, kicker Nick Folk was back to being automatic. He made five field goals, including the 44-yarder late in the fourth quarter to tie it a 24. His hip injury didn't hold him back this week as he continues to build a résumé for the Pro Bowl.

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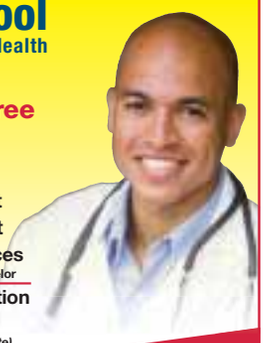

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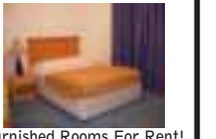

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